



## Facial Reflexology for kids

The benefits of reflexology stimulation have been known about and used as an effective form of treatment for thousands of years. Reflexology is a therapeutic technique that has its roots in the civilizations of the ancient east.

More recently it has been discovered that, the ancient Egyptians also used a form of healing which used pressure therapy applied to the hands, face and soles of the feet. Reflexology made its debut in western civilization at the beginning of the 20<sup>th</sup> century and has since become increasingly popular as a treatment for adults and children. Absolutely anyone can benefit, throughout their lives, from the positive effects of reflexology.

Facial reflexology provides a natural path to a happier and healthier life. Its stimulation can provide physical and psychological benefits for children of all ages. Reflexology stimulates growth and relieves pain; it also improves the body's general state of health and boosts its natural immune system.

Well documented studies show that babies who are treated with facial reflexology avoid colic, experience improved weight- gain and have better sleep patterns. These improvements happen because any form of physical stimulus has a diminishing effect on the body's production of the stress hormone cortisol; the same type of stimulus also boosts the body's natural production of anti-stress hormones.

A joint study on the importance of physical stimulus was carried out at the Miami University School of Medicine, USA and The Stockholm University School of Medicine in Sweden. The results of the research have proven that physical contact plays an important role in every form of healing. Healthy and sick children alike need physical contact in order to thrive. Physical contact is just as important for healthy development as nutrition is, that is why healthy children need reflexology as a form of preventative stimulation and sick children need it to help strengthen and improve all of their bodily functions.

Over the last twenty years, The Institute for Facial Reflexology and Temprana Therapy in Barcelona, Spain, has successfully tested the concept of physical contact on sick children. The institute's use of facial reflexology techniques on sick children has given many positive results. Facial reflexology treatment has proven to be a perfect supplementary treatment for children suffering from cancer and other serious illnesses.

At the "San Juan de Dios" hospital in Barcelona, Spain, surgeon and child cancer specialist, Dr. Bibiana Carasco has completed an extensive three year research project which investigated the effects of reflexology treatment on her patients. Dr. Carasco's research confirms that facial reflexology treatment provides physical and psychological relief for child cancer patients.

Test results also confirm that facial reflexology is particularly effective in countering the negative side-effects of chemotherapy and other medical treatments. Research results also show that the children who received this treatment had a shorter post-operative recovery time than those who were not treated. Blood tests on the research subjects also confirm that their natural immune systems also recovered more quickly and were more efficient following chemotherapy treatment. Dr. Carasco described how children, who receive reflexology therapy, were happier, eat better and sleep more soundly.

Facial reflexology is basically nothing more than a loving touch that parents themselves can administer, either at home or during the many hours they may often spend with their child during periods of hospitalisation. The teaching aid presents a simple and easy method for the treatment your child, in collaboration with and under the guidance of a Facial Reflexologist Therapist

## **The advantages of facial reflexology for kids**

### **Physical advantages**

- Reflexology stimulates the cardio-vascular system that improves the flow of oxygen and nutrients, this improves cellular construction.
- Stimulates the digestive system, improves digestion, combats constipation and flushes toxins.
- Stimulates enzyme production.
- Increases hormone production e.g. hypothalamic growth hormone.
- Stimulates lymphatic flow which strengthens the body's own immune system and protects against infection.
- Stimulates the regeneration of cells and new neurological networks.

### **Psychological advantages**

- Treatment with reflexology promotes the production of endorphins, aka "the happiness hormone" not only does this hormone make you feel happy and content, and it also alleviates pain.
- Stimulates the senses and increases concentration and reflexes.
- Calms restlessness and trauma by reducing stress- hormone production.
- Strengthens the bond between parent and child.

Facial reflexology is extremely beneficial for helping and supporting children with the following difficulties:

- dyslexia
- hyperactivity
- speech
- hearing
- concentration
- depression
- learning difficulties
- autism
- behaviour problems

- sensitivities  
and many more.

Facial reflexology therapy is a fantastic tool for parents to use, and it's a rewarding way to interact with your child. For more information please contact:

Julie Greenhalgh  
050 732 0551  
Julieg@eim.ae